

DINNERLY



Low-Cal Pumpkin and Chickpea Tagine with Dates and Almonds



30 minutes



2 Servings

This healthy Moroccan-style stew stars roasted pumpkin, sweet dates and aromatic ras el hanout spices. It's exotic, comforting and oh so good!

WHAT WE SEND

- 500g butternut pumpkin
- 2 tomatoes
- 40g dried dates
- 1 zucchini
- 400g chickpeas
- 5g ras el hanout spice blend ¹
- 40g slivered almonds ¹⁵

WHAT YOU NEED

- 1 tbs olive oil
- 2 garlic cloves

TOOLS

- 2 oven trays
- baking paper
- box grater
- medium deep frypan with lid

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Tree Nuts (15). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 540kcal, Fat 21.5g, Carbs 60.6g, Proteins 18.8g



1. Roast pumpkin

Preheat the oven to 220C. Line an oven tray with baking paper. Peel the **pumpkin** and cut into 2cm chunks. Put the pumpkin on the lined tray (see Make it yours), drizzle with **2 tsp olive oil**, season with **salt and pepper** and toss to coat. Roast for 15 mins or until almost tender. Remove from the oven, keeping the oven on.



2. Prep ingredients

Meanwhile, halve the **tomatoes**, then coarsely grate over a bowl to catch the juice, discarding the skin. Halve the **dates**. Halve the **zucchini** widthwise, then cut into thin wedges. Crush or finely chop **2 garlic cloves**. Drain and rinse the **chickpeas**.



3. Start tagine

Heat **2 tsp olive oil** in a medium deep frypan over medium heat. Add the **ras el hanout spice blend** and **garlic** and cook, stirring, for 1 min or until fragrant. Add the **grated tomato**, **dates** and **180ml (¾ cup) water**. Season with **salt and pepper**. Bring to the boil, then reduce the heat to medium and cook for 5 mins or until slightly thickened.



4. Add vegetables

Add the **chickpeas** and **roast pumpkin** to the tagine and stir to combine, then arrange the **zucchini** on top. Bring to the boil, then reduce the heat to low and cook, covered, for 6-8 mins until the zucchini is tender. Taste, then season with **salt and pepper**. Remove the pan from the heat.



5. Serve up

Meanwhile, put the **almonds** on an oven tray and toast for 3-4 mins until golden. Divide the **pumpkin and chickpea tagine** among bowls, scatter over the almonds and enjoy!



6. Make it yours

Roasting the pumpkin adds a lovely depth of flavour, but if you don't feel like turning the oven on, add the pumpkin to the pan in Step 4 along with an extra 60ml (¼ cup) water. You can then simply toast the almonds in a separate small frypan until golden.